Hamilton Downtown Family YMCA • December 22, 2024 - January 5, 2025

HOLIDAY SCHEDULE



Sunday December 22 8:00am - 4:00pm									
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO				
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM									
10:00 AM			Squash, Racquetball, Handball, Table Tennis Courts Available						
10:30 AM									
11:00 AM									
11:30 AM	Open Gym	Onon Cum							
12:00 PM	8:00-4:00	Open Gym 8:00 - 4:00	Equipment available at						
12:30 PM			Membership Desk						
1:00 PM									
1:30 PM									
2:00 PM									
2:20 PM									
3:00 PM									
3:30 PM									
4:00 PM									

		Thursday Decen	nber 26 8:00am - 4:	00pm	
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM			Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
11:30 AM	- Open Gym	Onon Cum			
12:00 PM	8:00-4:00	Open Gym 8:00 - 4:00			
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					

Lane Swim	Drop in Gym / Swim	
Drop In Group Fitness	Registered Programs	Drop in Recreational Sports

		Monday Decem	ber 23 6:00am - 9:	30pm	
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM	Open Gym				
8:30 AM	6:00 - 11:15				
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	Pickleball				
12:00 PM	11:30-1:00			Queenex	
12:30 PM				12:15pm - 1:00pm	
1:00 PM			Squash, Racquetball, Handball,		
1:30 PM			Table Tennis Courts Available		
2:00 PM		Open Gym	rabic remis coard radiable		
2:30 PM		6:00-9:30	Equipment available at		
3:00 PM			Membership Desk		
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM	Open Gym				Pilates
6:00 PM	1:15-9:30				5:30-6:15pm
6:30 PM					Zumba
7:00 PM					6:30pm-7:15pm
7:30 PM					Yoga
8:00 PM					7:30pm-8:30pm
8:30 PM					
9:00 PM					
9:30 PM					

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
	INITONIAIN	MOVELIM	COURIS	PHINESS PLOUR	310010
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM	Open Gym 6:00 - 11:15				
8:30 AM	0.00-11:15				
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	Pickleball				
12:00 PM	11:30-1:00			Queenex	
12:30 PM				12:15pm - 1:00pm	
1:00 PM			Squash, Racquetball, Handball,		
			Table Tennis Courts Available		Yoga
1:30 PM		Open Gym 6:00-9:30	Equipment available at		1:15pm-2:15pm
2:00 PM		0.00-9.50	Membership Desk		
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM	Open Gym 1:15 - 9:30				
6:00 PM	1.13-3.30				ViPR Pro
6:30 PM					6:00pm -6:45pm
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Friday, December 27 6am - 9:30pm

Tuesday December 24 6:00am - 2:00pm									
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO				
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM			Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at						
9:30 AM									
10:00 AM	Open Gym 6:00 - 2:00	Open Gym 6:00 - 2:00							
10:30 AM	0.00 2.00	0.00 2.00	Membership Desk						
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									

		Saturday Dece	mber 28 8am - 5:3	0pm	
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					Barre
10:00 AM					9:45am - 10:30am
10:30 AM					
					Zumba
11:00 AM					10:45am - 11:30am
11:30 AM			Squash, Racquetball, Handball, Table Tennis Courts Available		
					Strength & Conditioning
12:00 PM	Open Gym	Open Gym			11:45am - 12:45pm
12:30 PM	8:00 - 5:30	11:15 - 1:45	Equipment available at Membership Desk		
1:00 PM			Well bership besk		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					

	Sunday December 29 8:00am - 4:00pm									
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO					
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM										
10:00 AM										
10:30 AM										
11:00 AM			Squash, Racquetball, Handball,							
11:30 AM	Onon Cum	Onon Cum	Table Tennis Courts Available Equipment available at							
12:00 PM	Open Gym 8:00 - 4:00	Open Gym 8:00 - 4:00								
12:30 PM			Membership Desk							
1:00 PM										
1:30 PM										
2:00 PM										
2:20 PM										
3:00 PM										
3:30 PM										
4:00 PM				·						

Hamilton Downtown Family YMCA • December 22, 2024 - January 5, 2025

HOLIDAY SCHEDULE



		Monday Dece	mber 30 6:00am - 9:3	30pm	
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
5:00 AM					
5:30 AM					
7:00 AM					
7:30 AM					
:00 AM	Open Gym				
3:30 AM	6:00-11:15				
00:00 AM					
9:30 AM					
0:00 AM					
0:30 AM					
1:00 AM					
1:30 AM	Pickleball				
2:00 PM	11:30-1:00			Queenex	
2:30 PM				12:15pm - 1:00pm	
1:00 PM					
1:30 PM			Squash, Racquetball, Handball, Table Tennis Courts Available		
2:00 PM		Open Gym	Table Termis Courts Available		
2:30 PM		6:00-9:30	Equipment available at		
3:00 PM			Membership Desk		
3:30 PM					
1:00 PM					
1:30 PM					
5:00 PM					
5:30 PM	0 6				Pilates
5:00 PM	Open Gym 1:15 - 9:30				5:30-6:15pm
5:30 PM					
7:00 PM					
7:30 PM					
3:00 PM					
30 PM					
9:00 PM					
9:30 PM					

Thursday January 2 6:00am - 9:30pm									
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO				
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM									
10:00 AM					Gentle Fit				
10:30 AM					10:00am - 10:45am				
11:00 AM									
11:30 AM									
12:00 PM				Queenex					
12:30 PM				12:15pm - 1:00pm					
1:00 PM			Squash, Racquetball, Handball,						
		Open Gym	Table Tennis Courts Available						
1:30 PM	Open Gym	6:00am-9:30pm							
2:00 PM	6:00am - 9:30pm		Equipment available at Membership Desk						
2:30 PM			Well beist lip besk						
3:00 PM			_						
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM					Pilates				
6:00 PM					5:30pm-6:15pm				
6:30 PM					Strength & Conditioning				
7:00 PM					6:30pm-7:15pm				
7:30 PM									
8:00 PM					Yoga				
8:30 PM					7:30pm-8:30pm				
9:00 PM									
9:30 PM									

Tuesday December 31 6:00am - 2:00pm								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Squash, Racquetball, Handball, Table Tennis Courts Available					
9:30 AM								
10:00 AM	Open Gym 6:00 - 2:00	Open Gym 6:00 - 2:00	Equipment available at					
10:30 AM	0.00-2.00	0.00-2.00	Membership Desk					
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								

Friday January 3 6am - 9:30pm								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	Open Gym							
8:30 AM	6:00 - 11:15							
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	Pickleball							
12:00 PM	11:30-1:00			Queenex				
12:30 PM				12:15pm - 1:00pm				
1:00 PM			Squash, Racquetball, Handball,					
		Open Gym	Table Tennis Courts Available		Yoga			
1:30 PM		6:00 - 9:30	Equipment available at		1:15pm - 2:15pm			
2:00 PM			Membership Desk					
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Open Gym							
5:30 PM	1:15-9:30							
6:00 PM					ViPR Pro 6:00pm-6:45pm			
6:30 PM					0.00pm-0.45pm			
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								

_ane Swim		Drop in Gym / Swim		Drop in Recreational Sports
Drop In Group Fitness		Registered Programs		Drop in necreational sports

Wednesday January 1 12:00pm - 4:00pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
12:00 PM	Open Gym 12:00 - 4:00	Open Gym 12:00 - 4:00				
12:30 PM						
1:00 PM			Squash, Racquetball, Handball,			
1:30 PM			Table Tennis Courts Available Equipment available at Membership Desk			
2:00 PM						
2:20 PM						
3:00 PM						
3:30 PM						
4:00 PM						

Saturday January 4 8am - 5:30pm						
	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM					Barre	
10:00 AM	Open Gym 800 - 5:30				9:45am - 10:30am	
10:30 AM						
					Zumba	
11:00 AM					10:45am - 11:30am	
11:30 AM			Squash, Racquetball, Handball,			
		Open Gym 11:15-1:45	Table Tennis Courts Available Equipment available at Membership Desk		Strength & Conditioning	
12:00 PM					11:45am - 12:45pm	
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM				·		
4:30 PM						
5:00 PM						
5:30 PM						

		Sunday Janu	ary 5 8:00am - 4:00	pm	
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00-4:00	Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					